

TULSI AND HIBISCUS OXYMEL

This tangy and sweet, nutrient-dense herbal drink is a wonderful way to refresh after spending time in the sun. I most often like to add 1–2 tablespoons to a glass of sparkling water. It can also be made into fancy cocktails and mocktails. Or, use 1 part oxymel to 2 parts olive oil to make your own delicious salad dressing (e.g., 1 tablespoon oxymel to 2 tablespoons olive oil or to taste).

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Ingredients

- 3/4 cup dried tulsi leaves finely cut/sifted (20 grams)
- 2 tablespoons dried hibiscus (5 grams)
- 1/3 cup honey
- 1 cup apple cider vinegar
- Add the tulsi, hibiscus, and dandelion roots to a clean pint-sized jar.
- Next add honey. Then fill the jar with apple cider vinegar.
- Cover with a glass or plastic lid (avoid using a metal lid as it will corrode).
- Shake well. After 24 hours open the lid and add more vinegar if necessary.
- Let it steep for 2 weeks, continuing to shake it every day or so. Strain when ready. If you prefer it sweet, you can add more honey to your oxymel at this stage.
- Store in the fridge and use within 6 months. Discard if mold develops.

SIMPLE HERBAL PREPARATIONS



Making herbal teas, syrups, infusions and other preparations allows us to learn more about herbs and herbalism. The practice brings us closer to the plant wisdom and our place in the natural world.

I hope you enjoy these recipes for healthful and herb-ful preparations you can make at home

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ELDERBERRY SYRUP WITH AROMATIC HERBS AND SPICES

Elderberries have a long history in herbal folklore and good health. The elderberry bush is considered sacred in some places and the berries are picked with great care and ceremony.

This version of elderberry syrup is warmed up with the delightful taste of aromatic herbs like rosemary, oregano and thyme.

Take this by the spoonful every day as a general health tonic. Or, take it by the spoonful every hour to stop or shorten the duration of an upper respiratory infection.

This syrup is suitable to give to children. As always, though, give a small amount to start to assure there are no negative reactions.

INGREDIENTS

- 1 cup dried elderberries
- 1/4 cup dried rose hips
- 2 cups water
- 1 cup tart cherry juice OR hibiscus tea
- 15 grams of dried herbs such as rosemary, oregano, thyme, sage
- honey

Simmer the elderberries, water and tart cherry juice (OR hibiscus tea) for 30 minutes. Mash well. Turn off heat and add the aromatic herbs. Let sit for 5 minutes.

Strain off and measure the resulting liquid. Add an equal amount of honey. Stir until the honey is incorporated.

Store in the fridge and use within 6 months.

OTHER USES FOR ELDERBERRY SYRUP

This is a sweetened syrup and can also be enjoyed over ice cream, pancakes or included in cocktails and mocktails.

ELDERBERRY COCKTAIL OR MOCKTAIL

INGREDIENTS- makes 1 drink

Mint leaves

Elderberry syrup

Ice

Vodka or spirit of choice- OMIT for alcohol-free Mocktail

Sparkling water, tonic water or ginger ale

To a tall glass or cocktail shaker, add a handful of mint leaves. Add 1-2 tablespoons of Elderberry Syrup. Muddle the leaves and the syrup until the leaves are crushed. Add 1 ounce of the spirits of your choice. Add ice. Stir or shake until chilled. If using a shaker, pour into ice-filled glass. If making in a glass, you can remove the mint leaves. Add sparkling water or other mixer. Garnish with mint leaf.